

## Happy Tummy Menu

April 21-24, 2010

### Lunch Lady Land \$6

Sloppy Joe Style Ground Beef and Onion in Zesty Tomato Sauce Served on a FredBread Bun with Chips

### Side Items

\$2 each

- Southern Style Potato Salad
- Carrot & Cabbage Som Tum
- Roasted Brussels Sprouts
- Jalapeno Cream Cheese & Crackers
- Cookies
- Ice Cream

\*Substitute a Side Item for Chips For Only \$1 More

### Hours

Wed & Thurs: Noon-6pm

Friday: Noon-8pm

Sat: Noon-4pm

Happy Tummy is located at  
Lowe Mill, 2211 Seminole Dr  
256-348-8132

mmmhappytummy.com

**Be sure to join our email list  
to find out about our weekly specials!**

## Sandwiches

(Comes with Chips)

### This Little Horsey \$6

Roast Beef, Lettuce, Tomato, Swiss and Horseradish Mayo on Toasted FredBread

### Build Your Own Sandwich

Ham or Turkey \$5

Jerk Chicken Sandwich \$6

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayonnaise, Baconnaise, Ketchup,  
Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

### Burgers

Hamburger, Veggie or Black Bean Burger \$6  
on a White or Jalapeno Cheddar FredBread Bun

### Wraps

Don't Cry for Me Argen-Tuna \$5

Tuna Salad with Apples, Walnuts, Celery,  
Craisins, Mayo and Swiss in a Wheat Wrap

Tofu Wrap \$5

BBQ Or Jerk\* Seasoned Tofu  
with Onion, Tomato & Lettuce

\*Jerk is VERY Spicy

## Quesadillas

Asian Persuasion \$5

Roasted Garlic Asparagus, Bamboo Shoots,  
Cheese Served with Hot Mustard Sour Cream

Cheese Quesadilla \$3

Served with Salsa and Sour Cream  
Add Bacon for \$1

### Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Condiments: Yellow or Brown Mustard,  
Ketchup, Kraut, Relish, Onion

### Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

### Drinks

Coke, Diet Coke, Sprite, Root Beer,  
Ginger Ale or Bottled Water \$1

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Ice, Cup, or Cup of Ice \$1